



Physical Activity Resources

Los Angeles County • Physical Activity Resources

SPA 8-South Bay		
PROGRAM / ORGANIZATION	DESCRIPTION	CONTACT
County Parks		
Alondra Community Regional Park 3850 West Manhattan Beach Boulevard Lawndale, CA 90260	Adult Softball, Flag Football, Karate, Swimming (Summer Only), Youth Baseball, Youth Basketball, Children's Play Areas, Gymnasium, Lighted Baseball Fields, Lighted Softball Fields, Swimming Pool, Volleyball Court	(310) 217- 8366
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033386.asp&Title=Alondratarget= blank		
Bodger Park 14900 South Yukon Avenue Hawthorne, CA 90250	Flag Football, Soccer, Baseball Fields, Softball Fields, Multipurpose Field	(310) 217-8376
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033391.asp&Title=Bodgertarget= blank		
Del Aire Park 12601 South Isis Avenue Hawthorne, CA 90251	Basketball, Football, Tennis Courts, Baseball Field, Softball Field, Children's Play Area, Gymnasium, Outdoor Lighted Basketball Court	(323) 643-4976
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033396.asp&Title=Del%20Airetarget= blank		
Deane Dana Friendship Community Regional Park & Nature Center 1805 West 9th Street San Pedro, CA 90732	Bird Walks, Hiking	(310) 519-6115
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033271.asp&Title=Deane%20Dana%20Friendship%20Parktarget= blank		
Helen Keller Park 1045 West 126th Street Los Angeles, CA 90044	Baseball, Basketball, Flag Football, Swimming (Summer Only), Basketball Court, Children's Play Area, Multipurpose Field, Lighted Softball Field, Lighted Baseball Field, Swimming Pool	(323) 241-6702
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033403.asp&Title=Kellertarget= blank		
Lennox Park 10828 South Condon Avenue Lennox, CA 90304	Aerobics, Baseball, Flag Football, Jump Rope Fitness Class, Children's Play Areas, Lighted Baseball Field, Lighted Softball Field, Lighted Basketball Court, Multipurpose Field, Swimming Pool	(310) 419-6712
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033407.asp&Title=Lennoxtarget= blank		
Santa Catalina Interpretive Center 1202 Avalon Canyon Road Avalon, CA 90704	Hiking	(310) 510-0954
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033382.asp&Title=Santa%20Catalina%20Island%20Interpretive%20target= blank		
Victoria Community Regional Park 419 East 192nd Street Carson, CA 90746	Aerobics, Cricket League, Flag Football, Little League Baseball Program, Tennis Program, Year-Round Swimming Programs, Youth Basketball, Heated Swimming Pool, Children's Play Area, Cricket Field, Gymnasium, Lighted Ball Diamonds, Lighted Outdoor Basketball Courts, Lighted Tennis Courts, Multipurpose Field	(310) 217-8370
http://lacountyparks.org/Parkinfo.asp?URL=cms1_033422.asp&Title=Victoriatarget= blank		
City Parks and Recreation-Carson		
Carriage Crest Park 23800 South Figueroa Street Carson, CA 90745	Ball Fields, Basketball	(310) 830-5601
http://ci.carson.ca.us/content/department/parklipo.asp		
Carson Park & Pool 21411 South Orrick Street Carson, CA 90745	Recreation And Team Swim, Soccer, Ball Fields, Basketball	(310) 830-4925
http://ci.carson.ca.us/content/department/parklipo.asp		
Del Amo Park 703 East Del Amo Boulevard Carson, CA 90745	Ball Fields, Basketball	(310) 329-7717
http://ci.carson.ca.us/content/department/parklipo.asp		
Dolphin Park 21205 South Water Street Carson, CA 90745	Ball Fields, Basketball, Tennis Courts	(310) 549-4560
http://ci.carson.ca.us/content/department/parklipo.asp		
Dominguez Park 21330 Santa Fe Avenue Carson, CA 90810	Pool, Ball Field, Basketball, Tennis Courts	(310) 549-3962
http://ci.carson.ca.us/content/department/parklipo.asp		
Friendship Mini Park 21930 South Water Street Carson, CA 90745	Children's Play Area	
http://ci.carson.ca.us/content/department/parklipo.asp		
James Anderson, Jr. Memorial Park 19101 South Wilmington Avenue Carson, CA 90746	Flag Football, Soccer, Basketball, Tennis Courts	(310) 603-9850
http://ci.carson.ca.us/content/department/parklipo.asp		

John D. Calas, Sr. Park 1000 East 220th Street Carson, CA 90745 http://ci.carson.ca.us/content/department/parklipo.asp	Basketball, Ball Fields, Tennis Courts	(310) 518-3565
Scott Park & Pool 23410 Catskill Avenue Carson, CA 90745 http://ci.carson.ca.us/content/department/parklipo.asp	Recreation And Team Swim, Soccer, Ball Fields, Basketball, Tennis Courts	(310) 830-8310
Stevenoson Park 17400 Lysander Drive Carson, CA 90746 http://ci.carson.ca.us/content/department/parklipo.asp	Flag Football, Soccer, Ball Fields, Basketball, Tennis Courts	(310) 631-2252
Veterans Park/SportsComplex 22400 Moneta Avenue Carson, CA 90745 http://ci.carson.ca.us/content/department/parklipo.asp	Free Weights, Fitness Equipment, Group Exercise Classes, Gym, Basketball, Tennis Courts	(310) 830-9991
Walnut Street Park 440 East Walnut Street Carson, CA 90746 http://ci.carson.ca.us/content/department/parklipo.asp	Basketball	(310) 835-0212
City Parks and Recreation-El Segundo		
El Segundo Parks and Recreation 401 Sheldon Street El Segundo, CA 90245 www.elsegundo.org	Tennis Courts, Soccer, Gymnastics	(310) 524-2700
El Segundo Teen Center 405 East Grand Avenue El Segundo, CA 90245 www.elsegundo.org	Basketball, Free Weights, Ping Pong, Fitness Equipment	(310) 524-2718
Golf the Lakes 400 South Sepulveda Boulevard El Segundo, CA 90245 www.golfthelakes.com	9 Hole Golf Course, Driving Range	(310) 322-0202
Hilltop Park 801 East Grand Avenue El Segundo, CA 90245 www.elsegundo.org	Children's Play Area, Pool	(310) 322-8284
Library Park 101 West Mariposa Avenue El Segundo, CA 90245 www.elsegundo.org	Children's Play Area	(310) 524-2700
City Parks and Recreation-Gardena		
Bell Park 14708 South Halldale Avenue Gardena, CA 90247 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Baseball, Handball, Basketball	(310) 217-9557
Freeman Park 2100 West 154th Place Gardena, CA 90249 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Baseball, Table Tennis, Football, Tennis	(310) 217-9558
Mas Fukai Park 15800 South Brighton Avenue Gardena, CA 90247 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Basketball, Handball, Baseball, Play Equipment	(310) 217-9561
Nakaoka Community Center 1670 West 162nd Street Gardena, CA 90247 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Lap Swim, Recreational Swim	(310) 217-9537
Primm Memorial Pool 1650 West 160th Street Gardena, CA 90247 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Wading Pool, Tennis Courts, Basketball, Bocce, Par Course	(310) 217-9559
Rowley Park 13220 South Van Ness Avenue Gardena, CA 90249 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Basketball, Baseball, Handball, Football	(310) 217-9562
Rush Memorial Gymnasium 1650 West 162nd Street Gardena, CA 90247 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Basketball, Volleyball, Gymnastics	(310) 217-9598
South Gardena Park 1200 West 170th Street Gardena, CA 90247 www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp	Basketball, Soccer, Tennis Courts	(310) 217-9563
Thornburg Park 2320 West 149th Street Gardena, CA 90249	Handball, Basketball, Baseball	(310) 217-9557

www.ci.gardena.ca.us/government/Recreation%20Human%20Services/recparks.asp		
City Parks and Recreation-Harbor City		
Harbor City Park and Recreation Center 24901 Frampton Avenue Harbor City, CA 90710 www.laparks.org/dos/parks/facility/harborcityPK.htm		(310) 548-7729
Ken Malloy Harbor Regional Park 25820 Vermont Avenue Harbor City, CA 90710 www.laparks.org/dos/parks/facility/harborcityPK.htm		(310) 548-7728
City Parks and Recreation-Hawthorne		
Bicentennial Park 13110 South Doty Avenue Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Tennis Courts	(310) 349-1640
Eucalyptus Park 12100 South Inglewood Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Basketball, Children's Play Area, Skate Park, Wading Pool, Walking Path	(310) 349-1640
Glasgow Park 13500 Glasgow Place Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Par Course Equipment, Walking Path	(310) 349-1640
Holly Park 2058 West 120th Street Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Children's Play Area, Pool, Tennis Courts, Baseball, Basketball, Croquet	(310) 349-1640
Holly Glen Park 5255 West 137th Street Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Children's Play Area, Wading Pool, Tennis Courts, Basketball	(310) 349-1640
Jim Thorpe Park 14100 South Prairie Avenue Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Children's Play Area, Wading Pool, Tennis Courts, Basketball, Handball, Baseball	(310) 349-1640
Larry Guidi Skate park 12100 South Inglewood Avenue Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp		(310) 349-1640
Memorial Park 3943 El Segundo Boulevard Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Wading Pool, Tennis Courts, Basketball, Bocce, Par Course	(310) 349-1640
Ramona Park 4662 West 136th Street Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Children's Play Area, Wading Pool, Horseshoe, Shuffleboard, Basketball, Croquet	(310) 349-1640
Zela Davis Park 3650 West 133rd Street Hawthorne, CA 90254 www.cityofhawthorne.com/depts/publicworks/commservices/park_locations/default.asp	Children's Play Area	(310) 349-1640
City Parks and Recreation-Hermosa Beach		
Clark Stadium 861 Valley Drive Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239
Community Center/Civic Center 710 Pier Avenue Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239
Edith Rodaway Friendship Park Prospect Avenue and Hollowell Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239
Fort-Lots-o-Fun & Prospect School 6th Street & Prospect Avenue Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239
Greenbelt/Trail Adjacent to Valley Drive Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239
Noble Park 1400 The Strand Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239

South Park 425 Valley Drive Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239
Valley Park Valley Drive and Gould Avenue Hermosa Beach, CA 90254 www.hermosabch.org/departments/parks/facilities.html	Recreation Area	(310) 318-0239
City Parks and Recreation-Inglewood		
Ashwood Park 201 South Ash Avenue Inglewood, CA 90301 www.cityofinglwood.org	Tennis Courts, Basketball, Volleyball Court, Wading Pool	(310) 412-5370
Center Park 3660 West 111th Street Inglewood, CA 90301 www.cityofinglwood.org	Children's Play Area, Multipurpose Field	(310) 412-5391
Centinela Adobe Park 7634 Midfield Avenue Inglewood, CA 90301 www.cityofinglwood.org		(310) 649-6272
Circle Park 8300 Fifth Avenue Inglewood, CA 90301 www.cityofinglwood.org		(310) 412-5391
Darby Park 3400 West Arbor Vitae Street Inglewood, CA 90301 www.cityofinglwood.org	Children's Play Area, Tennis Courts, Paddle Tennis, Basketball, Handball, Softball, Football, Skate Park, Soccer	(310) 412-5391
Edward Vincent Park 700 Warren Lane Inglewood, CA 90301 www.cityofinglwood.org	Children's Play Area, Tennis Courts, Basketball, Softball, Football, Soccer, Swimming Pool	(310) 412-5370
Grevillea Park 231 South Grevillea Avenue Inglewood, CA 90301 www.cityofinglwood.org		(310) 412-5504
Lock haven Center 11125 Doty Avenue Inglewood, CA 90301 www.cityofinglwood.org	Community Center	(310) 412-5391
North Park 625 East Hargrave Street Inglewood, CA 90301 www.cityofinglwood.org	Children's Play Area, Tennis Courts	(310) 412-5370
Queen Park 652 East Queen Street Inglewood, CA 90301 www.cityofinglwood.org	Children's Play Area, Wading Pool	(310) 412-5370
Rogers Park 400 West Beach Avenue Inglewood, CA 90301 www.cityofinglwood.org	Children's Play Area, Tennis Courts, Basketball, Baseball, Soccer, Football, Wading Pool	(310) 412-5504
Siminski Park 9717 Inglewood Avenue Inglewood, CA 90301 www.cityofinglwood.org	Children's Play Area, Basketball	(310) 412-5504
City Parks and Recreation-Lawndale		
Jane Addams Park 15114 Firmona Avenue Lawndale, CA www.lawndalecity.org/HTML/DEPTHTML/CSD/ParksRec.htm	Baseball, Football, Wading Pool	(310) 970-2188
Rogers-Anderson Park 4161 West Manhattan Beach Boulevard Lawndale, CA www.lawndalecity.org/HTML/DEPTHTML/CSD/ParksRec.htm	Soccer Field, Track, Baseball Fields, Basketball Courts, Children's Play Area	(310) 970-2189
William Green Park 4558 West 168th Street Lawndale, CA www.lawndalecity.org/HTML/DEPTHTML/CSD/ParksRec.htm	Athletic Field, Wading Pool	(310) 371-6930
City Parks and Recreation-Lomita		
Hathaway Park 25600 Pennsylvania Avenue Lomita, CA 90717	Recreation Area	(310) 326-0140

Lomita Recreation Center 24428 Eshelman Avenue Lomita, CA 90717	Seasonal Sports, Tennis, Ice Skating, Recreational Sports	(310) 326-0140
Veterans Park 25700 Walnut Street Lomita, CA 90717		
City Parks and Recreation-Long Beach		
Admiral Kidd Park 2125 Santa Fe Avenue Long Beach, CA 90810 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Baseball, Children's Play Area, Soccer	(562) 570-1600
Alamitos Park 72nd Place & Ocean Boulevard Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area	(562) 570-3100
Bayshore 14 54th Place Long Beach, CA 90803 www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area, Handball, Roller Hockey Rink	(562) 570-1715
Belmont Plaza Pool 4000 East Olympic Plaza Long Beach, CA 90803 www.longbeach.gov/park/facilities/parks/default.asp	Lap Swim, Recreation Swim, Weight Room	(562) 570-1806
Birdcage Park Parkcrest Street & Knoxville Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area	(562) 570-3100
Bixby Park 130 Cherry Avenue Long Beach, CA 90802 www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area, Mobile Skate Park, Volleyball, Sports Field	(562) 570-1601
Bixby Knolls 1000 East San Antonio Drive Long Beach, CA 90807 www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area, Volleyball	(562) 570-1604
Bluff Park Ocean Boulevard between 20th & 36th Place Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Walking Path	(562) 570-3232
Bouton Creek Park Atherton Street & Litchfield Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Open Field	(562) 570-3100
California Recreation Center 1550 Martin Luther King Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Gymnasium, Children's Play Area, Weight Room	(562) 570-1605
Cesar E. Chavez Park 401 Golden Avenue Long Beach, CA 90802 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Children's Play Area, Weight Room	(562) 570-8890
Channel View Studebaker between 7th & Loynes Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Walking Path	(562) 570-3100
Cherry Park 1901 East 45th Street Long Beach, CA 90807 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Basketball, Children's Play Area, Soccer, Tennis Court, Volleyball	(562) 570-1615
College Estate Park 808 Stevely Avenue Long Beach, CA 90815 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Children's Play Area, Tennis Court, Volleyball, Sports Field	(562) 570-1617
Colorado Lagoon 5119 East Colorado Street Long Beach, CA 90814 www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Areas	(562) 570-1720
Coolidge Park 352 East Neece Street Long Beach, CA 90805 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Children's Play Area, Softball, Volleyball	(562) 570-1618
DeForest Park 6255 DeForest Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Nature Trail, Children's Play Area, Racquetball, Softball, Tennis Court, Volleyball	(562) 570-1620

Drake Park 951 Maine Avenue Long Beach, CA 90813 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Handball/Racquetball, Children's Play Area, Soccer, Softball, Tennis Court, Volleyball	(562) 570-1625
El Dorado East Regional Park 7550 East Spring Street Long Beach, CA 90815 www.longbeach.gov/park/facilities/parks/default.asp	Archery, Bicycle Trails, Fitness Course, Children's Play Area	(562) 570-1771
El Dorado Park West 2800 Studebaker Road Long Beach, CA 90815 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Basketball, Roller Hockey Rink, Skate Park, Soccer, Tennis Court, Volleyball	(562) 570-3225
Fourteenth Street Playground 14th Street & Chestnut Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area, Skate Plaza	(562) 570-1608
Heartwell Park 5801 East Parkcrest Street Long Beach, CA 90808 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Basketball, Children's Play Area, Roller Hockey Rink, Soccer, Volleyball	(562) 570-1635
Houghton Park 6301 Myrtle Avenue Long Beach, CA 90805 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Basketball, Children's Play Area, Soccer, Softball, Tennis Court, Volleyball	(562) 570-1640
Hudson Park 2335 Webster Avenue Long Beach, CA 90810 www.longbeach.gov/park/facilities/parks/default.asp	Softball Diamond	(562) 570-3150
Jackson Park Jackson Street & Walnut Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area	(562) 570-3100
Lilly Park Lilly Avenue & El Dorado Drive Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area	(562) 570-3100
Lincoln Park Pacific Avenue & Broadway Street Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Walking Path	(562) 570-3100
Livinston Drive Playground Livingston Street & Park Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area	(562) 570-3100
Los Altos Park Stearns Street & Montair Avenue Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area, Sports Field	(562) 570-1685
Los Altos Plaza Park Los Altos Plaza & Anaheim Road Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area	(562) 570-3126
Los Cerritos Park 3750 Del Mar Avenue Long Beach, CA 90807 www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area, Tennis Courts	(562) 423-7924
MacArthur Park 1321 Anaheim Street Long Beach, CA 90813 www.longbeach.gov/park/facilities/parks/default.asp	Ball Field, Basketball, Volleyball, Children's Play Area, Sports Field	(562) 570-1655
Marina Vista Colorado Street & Santiago Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Soccer, Tennis, Softball, Children's Play Area	(562) 570-1732
Martin Luther King Jr. Park 1950 Lemon Avenue Long Beach, CA 90806 www.longbeach.gov/park/facilities/parks/default.asp	Handball/Racquetball, Children's Play Area, Soccer, Softball	(562) 570-4405
Martin Luther King Jr. Park Pool 1105 19th Street Long Beach, CA 90806 www.longbeach.gov/park/facilities/parks/default.asp	Lap Swim, Recreation Swim	(562) 570-1718
Miracle on 4th Street Park 1518 East 4th Street Long Beach, CA 90802 www.longbeach.gov/park/facilities/parks/default.asp	Children's Play Area	(562) 570-1786

Orizaba Park Orizaba Avenue & Spaulding Street Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Children's Play Area, Skate Park	(562) 570-8688
Pan American Park 5157 East Centralia Street Long Beach, CA 90808 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Gym, Handball/Racquetball, Children's Play Area, Soccer, Volleyball, Softball	(562) 570-1660
Ramona Park 3301 East 65th Street Long Beach, CA 90808 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Basketball, Children's Play Area, Soccer, Softball, Tennis Court, Volleyball	(562) 570-1665
Recreation Park 4900 East 7th Street Long Beach, CA 90804 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Lawn Bowling, Children's Play Area, Tennis Courts	(562) 570-1670
Rose Park 8th & Orizaba Long Beach, CA www.longbeach.gov/park/facilities/parks/default.asp	Walking Path	(562) 570-3232
Scherer Park 4600 Long Beach Long Beach, CA 90803 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Children's Play Area, Tennis Courts, Volleyball, Weight Room	(562) 570-1674
Silverado Park 1545 West 31st Street Long Beach, CA 90810 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Basketball, Gym, Children's Play Area, Softball, Tennis Court, Volleyball	(562) 570-1675
Silverado Park Pool 1450 West 32nd Street Long Beach, CA 90810 www.longbeach.gov/park/facilities/parks/default.asp	Lap Swim, Recreation Swim	(562) 570-1721
Somerset Park 1500 East Carson Street Long Beach, CA 90807 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Children's Play Area, Tennis Court, Volleyball	(562) 570-1690
Stearns Champions Park 4520 East 23rd Street Long Beach, CA 90815 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Baseball, Children's Play Area, Soccer	(562) 570-1685
Veterans Park 101 East 28th Street Long Beach, CA 90806 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Baseball, Children's Play Area, Soccer, Tennis Court, Volleyball	(562) 570-1695
Wardlow Park 3457 Stanbridge Avenue Long Beach, CA 90808 www.longbeach.gov/park/facilities/parks/default.asp	Basketball, Baseball, Children's Play Area, Soccer, Volleyball	(562) 570-1705
Whaley Park 5620 East Atherton Street Long Beach, CA 90815 www.longbeach.gov/park/facilities/parks/default.asp	Baseball, Basketball, Children's Play Area, Volleyball	(562) 570-1710
City Parks and Recreation-Manhattan Beach		
Bruce's Beach Highland and 27th Street Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Basketball	
Eighth Street Parquette 1700 Eighth Street Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Children's Play Area	
Larsson Street Parquette 200 Larson Street Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Children's Play Area, Basketball	
Live Oak Park 1901 Valley Drive Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Children's Play Area, Tennis Courts, Basketball, Multipurpose Field	
Manhattan Heights Park 1600 Manhattan Beach Boulevard Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Athletic Field, Tennis Court, Paddle Tennis, Basketball, Volleyball, Children's Play Area	
Manhattan Village Field 1300 Parkview Avenue Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Soccer, Children's Play Area	

Marine Ave Park 1625 Marine Avenue Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Baseball, Soccer, Basketball, Exercise Area, Racquetball	
Marine Sports Park 1600 Marine Avenue Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Baseball, Soccer	
Poliwog Park Redondo Avenue and Manhattan Beach Boulevard Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Multipurpose Field, Exercise Course	
Veterans Parkway Valley Drive and Ardmore Manhattan Beach, CA 90266 www.ci.manhattan-beach.ca.us/parksrec/facilities/	Jogging Trail	
City Parks and Recreation-Rancho Palos Verdes		
Clovercliff Park 28801 Golden Meadow Drive Rancho Palos Verdes, CA 90275 http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm	Hiking Trails, Walking Trails	(310) 377-1222
Del Cerro Park 2 Park Place Rancho Palos Verdes, CA 90275 http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm	Hiking Trails, Walking Trails	(310) 377-1222
Eastview Park 1700 Westmont Avenue Rancho Palos Verdes, CA http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm	Hiking Trails, Walking Trails	
Founders Park One Ocean Trails Drive Rancho Palos Verdes, CA 90275 http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm	Biking Trails, Walking Trails	
Fred Hesse Jr. Community Park 29301 Hawthorne Boulevard Rancho Palos Verdes, CA 90275 http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm	Hiking Trails, Walking Trails	(310) 541-8114
Ladera Linda Community Center 32201 Forrestal Drive Rancho Palos Verdes, CA 90275 http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm		(310) 541-7073
Point Vicente 31501 Palos Verdes Drive West Rancho Palos Verdes, CA 90275 http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm		(310) 377-5370
Robert Ryan Community Park 30359 Hawthorne Boulevard Rancho Palos Verdes, CA 90275 http://palosverdes.com/rpv/recreationparks/AbalonCoveShoreline/index.cfm		(310) 377-2290
City Parks and Recreation-Redondo Beach		
Alta Vista Park 801 Camino Real Redondo Beach, CA 90277 www.redondochamber.org/play/parks.htm	Multipurpose Field, Tennis, Racquetball	
Anderson Park 2229 Ernest Avenue Redondo Beach, CA 90278 www.redondochamber.org/play/parks.htm	Basketball, Tennis	
Andrews Park 1800 Rockefeller Lane Redondo Beach, CA 90278 www.redondochamber.org/play/parks.htm	Children's Play Area	
Aviation Park 1935 Manhattan Avenue Hermosa Beach, CA 90254 www.redondochamber.org/play/parks.htm	Children's Play Area	
Dominguez Park 200 Flagler Lane Redondo Beach, CA 90277 www.redondochamber.org/play/parks.htm	Children's Play Area	
Franklin Park 850 Inglewood Avenue Redondo Beach, CA 90278 www.redondochamber.org/play/parks.htm	Children's Play Area	

Hopkins Wilderness Park 1102 Camino Real Redondo Beach, CA 90277 www.redondochamber.org/play/parks.htm	Nature Trails	(310) 318-0668
Lilienthal Park 2400 190th Street Redondo Beach, CA 90278 www.redondochamber.org/play/parks.htm	Children's Play Area	
Perry Park 2301 Grant Avenue Redondo Beach, CA 90278 www.redondochamber.org/play/parks.htm	Sports Field, Basketball, Children's Play Area	
Seaside Lagoon 200 Portofino Way Redondo Beach, CA 90277 www.redondochamber.org/play/parks.htm	Swimming	
Veterans Park 309 Esplanade Redondo Beach, CA 90277 www.redondochamber.org/play/parks.htm	Children's Play Area	
City Parks and Recreation-San Pedro		
Bogdanovich Recreation Center 1920 Cumbre Drive San Pedro, CA 90732 www.laparks.org/dos/reccenter/facility/martinJBRC.htm	Baseball Diamond, Basketball Courts, Football Field, Soccer, Gym	(310) 548-7590
Leland Recreation Center 863 S. Herbert Avenue San Pedro, CA 90731 www.laparks.org/dos/reccenter/facility/lelandRC.htm	Baseball, Basketball, Volleyball, Adult Fitness, Hiking Trail, Jogging Path	(310) 548-7590
Peck Park Community Center 560 North Western Avenue San Pedro, CA 90732 www.laparks.org/dos/reccenter/facility/peckParkComCtr.htm	Baseball, Basketball, Football, Volleyball, Bike Path, Hiking Trail, Jogging Trail	(310) 548-7580
City Parks and Recreation-Signal Hill		
Calbrisas Park 2451 California Avenue Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Children's Play Area	(562) 989-7330
Discovery Well Park 2200 Temple Avenue Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Children's Play Area	(562) 989-7330
Hillbrook Park 1865 Temple Avenue Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Children's Play Area	(562) 989-7330
Hilltop Park 2351 Dawson Avenue Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Children's Play Area	(562) 989-7330
Panorama Promenade Hilltop Park to Discovery Well Park Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Paved Walking Trail, Exercise Stations	(562) 989-7330
Raymond Arbor Park Raymond Avenue Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Children's Play Area	(562) 989-7330
Reservoir Park 3315 Gundry Avenue Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Children's Play Area	(562) 989-7330
Signal Hill Park 1780 East Hill Street Signal Hill, CA 90755 www.ci.signal-hill.ca.us/community_services/parks.php	Children's Play Area, Basketball	(562) 989-7330
City Parks and Recreation-Torrance		
Alta Loma Park 26126 Delos Drive Torrance, CA 90505 www.ci.torrance.ca.us/Parks/4723.htm	Basketball, Children's Play Area	(310) 618-5982
Charles H. Wilson Park 2200 Crenshaw Boulevard Torrance, CA 90501 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Horseshoe Court, Volleyball, Tennis Courts, Paddle Tennis, Roller Hockey Rink, Skateboard Park, Batting Cages, Indoor Sports Center, Fitness Course	(310) 618-5982

Columbia Park 4045 190th Street Torrance, CA 90504 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Soccer, Fitness Course, Horseshoe Courts, Volleyball	(310) 618-5982
Delthorne Park 3401 Spencer Street Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Basketball, Children's Play Area, Fitness Court	(310) 618-5982
De Portola Park 25615 Lazy Meadow Drive Torrance, CA 90505 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Volleyball, Children's Play Area	(310) 618-5982
Descanso Park 2500 Descanso Way Torrance, CA 90504 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Children's Play Area, Fitness Course	(310) 618-5982
Discovery Park Ocean & 226th Street Torrance, CA www.ci.torrance.ca.us/Parks/4723.htm	Children's Play Area	(310) 618-5982
El Nido Park 18301 Kingsdale Avenue Torrance, CA www.ci.torrance.ca.us/Parks/4723.htm	Softball, Soccer, Basketball, Children's Play Area	(310) 618-5982
El Retiro Park 126 Vista del Parque Torrance, CA www.ci.torrance.ca.us/Parks/4723.htm	Basketball, Tennis Courts, Children's Play Area	(310) 618-5982
Entrado Park 5500 Towers Street Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Children's Play Area	(310) 618-5982
Greenwood Park 1520 Greenwood Avenue Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Basketball, Children's Play Area	(310) 618-5982
Guenser Park 17800 Gramercy Place Torrance, CA 90504 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Horseshoe Court, Fitness Course	(310) 618-5982
Hickory Park 2850 232nd Street Torrance, CA 90505 www.ci.torrance.ca.us/Parks/4723.htm	Tennis Court, Volleyball, Children's Play Area	(310) 618-5982
La Carretera Park 2040 186th Street Torrance, CA 90504 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Children's Play Area	(310) 618-5982
La Paloma Park Lomita Boulevard and Anza Torrance, CA www.ci.torrance.ca.us/Parks/4723.htm	Children's Play Area	(310) 618-5982
Lago Seco Park 3920 West 235th Street Torrance, CA 90505 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Children's Play Area, Fitness Course	(310) 618-5982
La Romeria Park 19501 Inglewood Avenue Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Tennis Court, Horseshoe Courts, Children's Play Area	(310) 618-5982
Los Arboles "Rocketship" Park 5101 Calle de Ricardo Torrance, CA 90505 www.ci.torrance.ca.us/Parks/4723.htm	Children's Play Area	(310) 618-5982
McMaster Park 3624 Artesia Boulevard Torrance, CA 90504 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Children's Play Area	(310) 618-5982
Madrona Marsh Nature Center & Preserve 3201 Plaza Del Amo Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Nature Walking Trail	(310) 782-3989
Miramar Park 201 Paeo de la Playa Torrance, CA www.ci.torrance.ca.us/Parks/4723.htm	Walking Trail	(310) 618-5982

Osage Park 17008 Osage Avenue Torrance, CA 90504 www.ci.torrance.ca.us/Parks/4723.htm	Children's Play Area	(310) 618-5982
Paradise Park 5006 Lee Street Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Tennis Courts, Children's Play Area	(310) 618-5982
Pequeno Park Regina Avenue and 180th Street Torrance, CA www.ci.torrance.ca.us/Parks/4723.htm	Children's Play Area	(310) 618-5982
Pueblo Recreation Center 2252 Del Amo Boulevard Torrance, CA 90501 www.ci.torrance.ca.us/Parks/4723.htm	Basketball, Children's Play Area	(310) 618-5982
Sunnyglen Park 5525 Del Amo Boulevard Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Children's Play Area, Fitness Course	(310) 618-5982
Sur La Brea Park 23610 Cabrillo Avenue Torrance, CA 90501 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Tennis Courts, Children's Play Area, Fitness Course	(310) 618-5982
Torrance Park 2001 Santa Fe Avenue Torrance, CA 90501 www.ci.torrance.ca.us/Parks/4723.htm	Baseball, Basketball, Children's Play Area	(310) 618-5982
Victor Park 4727 Emerald Street Torrance, CA 90503 www.ci.torrance.ca.us/Parks/4723.htm	Softball, Basketball, Horseshoe Court, Tennis Court, Children's Play Area	(310) 618-5982
Walteria Park 3855 West 242nd Street Torrance, CA 90505 www.ci.torrance.ca.us/Parks/4723.htm	Basketball, Children's Play Area, Fitness Path, Horseshoe Court	(310) 618-5982
City Parks and Recreation-Wilmington		
Banning Recreation Center 1331 Eubank Street Wilmington, CA 90744 www.laparks.org/dos/reccenter/facility/banningRC.htm	Baseball, Basketball, Children's Play Area, Gym, Tennis Courts, Horseshoe Pit, Jogging Path	(310) 548-7776
Harbor Sports Center 1221 North Figueroa Place Wilmington, CA 90744 www.laparks.org/dos/reccenter/facility/danFharSC.htm	Baseball, Children's Play Area, Football, Pool, Soccer, Tennis Courts	(310) 548-7728
Wilmington Recreation Center 325 Neptune Avenue Wilmington, CA 90744 www.laparks.org/dos/reccenter/facility/wilmingtonRC.htm	Baseball, Basketball, Soccer, Children's Play Area, Skate Park, Horseshoe Pit, Shuffleboard	(310) 548-7645
Other Parks		
Non-Profit Organizations		
Boys & Girls Club of Carson 21502 Main Street Carson, CA 90745 www.bgcocfcarson.org	Summer Swimming, Basketball, Team Sports, Track And Field	(310) 549-7311
Boys & Girls Club of Harbor City 1220 West 256th Street Harbor City, CA 90710 www.southbayclubs.org	Basketball, Soccer, Flag Football	(310) 534-0056
Boys & Girls Club of Harbor Gateway 802 Gardena Boulevard Gardena, CA 90247 www.southbayclubs.org	Gym, Indoor Hockey, Flag Football, Basketball	(310) 534-7138
Boys & Girls Club Port Branch 100 5th Street San Pedro, CA 90731 www.bgsp.org	Team Sports	(310) 833-5235
Boys & Girls Club of San Pedro 1200 South Cabrillo Avenue San Pedro, CA 90732 www.bgsp.org	Team Sports	(310) 833-1322
Boys & Girls Club of Wilmington 1444 West Q Street Wilmington, CA 90732 www.bgsp.org	Team Sports	(310) 833-8323

Centinela Valley YMCA 4081 West El Segundo Boulevard Hawthorne, CA 90250 www.ymcala.org	Basketball, Aerobic Studio, Fitness Equipment, Free Weights, Pool	(310) 644-7600
Downtown Community Development Branch YMCA 225 East 6th Street Long Beach, CA 90802 www.lbymca.org	Group Exercise Classes, Fitness Equipment, Free Weights	(562) 436-9622
Gardena-Carson Family YMCA 1000 West Artesia Boulevard Gardena, CA 90248 www.ymcala.org	Pool, Gymnasium, Fitness Center, Cycling Studio, Youth Sports	(310) 523-3470
Fairfield Club/Boys & Girls Club 700 East Del Amo Boulevard Long Beach, CA 90807 www.bgclublb.org	Baseball, Flag Football, Basketball, Soccer, Track And Field	(562) 428-9188
Fairfield Family Branch YMCA 4949 Atlantic Avenue Long Beach, CA 90805 www.ymcalb.org	Pool, Group Exercise Classes, Fitness Equipment, Youth Sports	(562) 423-0491
Inglewood Family YMCA 333 North Prairie Avenue Inglewood, CA 90008 www.ymcala.org	Basketball, Group Exercise, Fitness Equipment, Free Weights, Pool	(310) 671-7615
Los Altos Family Branch YMCA 1720 North Bellflower Boulevard Long Beach, CA 90815 www.lbymca.org	Pool, Group Exercise Classes, Fitness Equipment	(562) 596-3394
Los Cerritos Branch YMCA 15530 Woodruff Avenue Bellflower, CA 90706 www.lbymca.org	Pool, Fitness Center	(562) 925-1292
Petrolane Club/Boys & Girls Club 1920 Lemon Avenue Long Beach, CA 90806 www.bgclublb.org	Baseball, Flag Football, Basketball, Soccer, Track And Field	(562) 599-2916
San Pedro & Peninsula YMCA 301 South Bandini Street San Pedro, CA 90505 www.ymcala.org	Pool, Fitness Center, Gymnasium, Fitness Equipment, Racquetball, Outdoor Running Track	(310) 832-4211
South Bay YMCA 2900 West Sepulveda Boulevard Torrance, CA 90505 www.ymcala.org	Pool, Fitness Center, Group Exercise Classes, Youth Sports	(310) 325-5885
Weingart-Lakewood Family Branch YMCA 5835 Carson Street Lakewood, CA 90713 www.lbymca.org	Pool, Gymnasium, Roller Hockey Rink, Racquetball, Free Weights, Fitness Equipment, Youth Sports, Adult Sports	(562) 425-7431
Westside Club/Boys & Girls Club 1835 West Willard Long Beach, CA 90810 www.bgclublb.org	Baseball, Flag Football, Basketball, Soccer, Track And Field	(562) 4235-1621
Other Groups		
Community Walking Club 401 Golden Avenue Long Beach, CA 90802 www.longbeach.gov/health/fhec/calendar.asp	Meets Every Thursday, 8:30AM-10:00AM	(562) 570-7941
Torrance Memorial Medical Center 3330 Lomita Boulevard Torrance, CA 90505 www.torrancememorial.org	Community Fitness And Exercise Programs	(310) 325-9110